

WRESTLING MOVES TRAINING DEVICE

Abstract: A human being size structure manufactured to resemble a human being kneeling on hands and knees. Rigid materials form arms (84), shoulders (70), head (48), torso (20 ABC), hips (96 ABC), thighs (122) and calves (134). Extension springs are used to connect head to torso (36), arms to shoulders (82), thighs to hips (118), hips to torso (106) and thighs to calves (130). Extension springs also provide necessary resistance to applied pressure from wrestler. Extension springs also provide joint like movement necessary to perform wrestling movements. The entire structure is covered with a padded material. Nuts, bolts and threaded rods (54), (108) (34) secure extension springs at specific locations. Plywood, two by four wood, mending plates and screws provide structure for torso (20 ABC) and hips (96 ABC). Four attachment method openings (144) provide the user the option to obtain additional resistance. This resistance will include springs, rubber bands and other resistance materials. These materials are attached to stationary objects such as poles or padded wrestling mats. The entire device is covered with a warm up suit.